THANKSGIVING

Page 2 – Thanksgiving parade route map.

# EL CENTRAL
## HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #3 • November 22, 2023

ENVIRONMENT

Page 8-9 – Converting "hard" shorelines to "soft"

# Los latinos le estamos poniendo nuestro sabor a una tradición estadounidense

*Por Estefanía Arellano Bermúdez*

Han pasado ochenta años desde que Norman Rockwell pintó *Freedom from Want*, el cuadro de una familia reunida alrededor de una mesa en un día festivo, pero los latinos del suroeste de Detroit están sirviendo una cena diferente, una en la que los mexicanos toman atole en lugar de ponche de huevo, mientras que los puertorriqueños sirven puré de plátanos (mofongo) en lugar de puré de papas, y los salvadoreños sirven pupusas en lugar de pan de maíz. Para los inmigrantes, estos sabrosos platos presagian sentimientos de añoranza por su patria y lo que es adoptar un nuevo país.

Cuando los inmigrantes latinos se reúnen el Día de Acción de Gracias, preparan una mesa variada con comida de sus tierras ancestrales del sur de la frontera y alimentan a sus familias con productos ricos en historia. Los venezolanos sirven arepas, los guatemaltecos preparan tamales con hojas de plátano y los mexicanos no pueden pasar una festividad sin pozole, un plato azteca con mil años de historia.

Una de las razones para servir alimentos tan tradicionales es que "la mayoría de las nuevas generaciones no regresan a su país de origen, por lo que la comida es una forma de conectarse con sus raíces", dijo María Tolentino, de República Dominicana, quien ha estado en los EE. UU. durante 37 años.

El Día de Acción de Gracias es una festividad en la que el regalo que se da es el de gratitud. Los latinos a menudo profesan estar agradecidos por tener un techo sobre sus cabezas, salud y comida en la mesa, como maíz, chocolate y chiles, alimentos básicos que son la moneda de cambio de la cocina indígena latina.

La mayoría de los inmigrantes vienen a Estados Unidos por necesidad, huyendo de la violencia o la pobreza y buscando oportunidades y educación.

Ser inmigrante durante las festividades a menudo puede sentirse como ser hijo de padres divorciados, donde hay dos hogares diferentes, dos experiencias diferentes y se anhela un momento en el que la familia esté junta. Es una forma esperanzadora de decir que se puede ser estadounidense y conservar la cultura y tradiciones, así como la unión en una época en la que esas cosas son un bien preciado.

"El Día de Acción de Gracias une a las personas: es una invitación a todas las personas, razas y culturas. Así que se traen los platillos más cercanos a nuestro corazón para poder compartirlos", dijo Sonja Olmeda, cuya familia es de Puerto Rico.

Durante las festividades de este año, sin importar lo lejos que haya llegado o dónde le gustaría estar el próximo año, no olvide disfrutar de un delicioso Chocolate Abuelita.

Para probar la cocina centroamericana, el suroeste de Detroit tiene mucha comida para satisfacer sus antojos de Acción de Gracias. Para darle un giro a un clásico, visite un negocio de propiedad hispana con menús que consisten en auténticas recetas festivas. El Rey De las Arepas en McGraw tiene arepas sabrosas, y Pupuseria Y Restaurante Salvadoreño en Livernois tiene pupusas frescas y comida tradicional salvadoreña. La Fiesta en Vernor tiene caña de azúcar y todo lo que necesita para hornear, ya sea que prepare un pastel de tres leches, un flan o un pastel de calabaza.

Si desea disfrutar de auténtica comida mexicana o centroamericana sin la molestia de cocinar, una simple búsqueda en las redes sociales le indicará tiendas temporales y servicios de entrega, desde dulces hasta comidas deliciosas. Ari's Eats N Treats en Facebook, dirigido por Ariana Rendon, es uno de esos negocios que lo mantendrá listo para las fiestas y

**Ver Acción de Gracias p. 3**

*Thanksgiving is a time to share great food with gratitude. / El Día de Acción de Gracias es un momento para compartir buena comida con gratitud.*

# Latinos are Adding our Own Flavor to an American Tradition

*By Estefania Arellano-Bermudez*

Eighty years after Norman Rockwell painted Freedom from Want, a painting of a family gathered around a dinner table for a holiday meal, Latinos from Southwest Detroit are serving a different kind of dinner, one where Mexicans serve atole instead of eggnog, where Puerto Ricans serve mashed plantains (mofongo) instead of mashed potatoes, and Salvadorians serve pupusas instead of cornbread. For immigrants, these savory dishes herald feelings of longing for their homeland and what it's like to adopt a new country.

Today, when Latino immigrants gather for Thanksgiving, they set a table diverse with food from their ancestral lands just south of the border and feed their families with bounties rich in history. Venezuelans serve arepas, Guatemalans prepare tamales made with banana leaves, and Mexicans can't have a holiday without *pozole*, an Aztec dish with a thousand years of history.

One of the reasons to serve such traditional foods is that "most newer generations don't go back [to their country of origin], so food is a way to connect them to their roots," said Maria Tolentino, from the Dominican Republic, who has been in the U.S. for 37 years.

Thanksgiving is a holiday where the gift you give is that of gratitude. Latinos often profess to be grateful for a roof over their heads, health, and food on the table, such as corn, chocolate, and *chiles*—staples that are the currency of indigenous Latino cuisine.

Most immigrants come to the United States out of necessity, fleeing violence or poverty and looking for opportunity and education.

Being an immigrant during the holiday can often feel like you are a child of divorced parents, where you have two different homes, two different experiences, and longing for a time when your family was all together. It's a hopeful way of saying I can be an American and retain my culture and traditions, as well as togetherness in a time when such things are a precious commodity.

"Thanksgiving brings people together—an invitation of all people, races, and cultures. So we bring the dishes closest to our hearts to share in that melting pot," said Sonja Olmeda, whose family is from Puerto Rico.

During this year's festivities, remember that regardless of how far you've come or where you'd like to be next year, don't forget to enjoy a tooth-breaking *chocolate de abuelita* best steeped in hot milk.

For a taste of Central American holiday cuisine, Southwest Detroit has many foods to satisfy your Thanksgiving cravings. For a twist on a classic, visit a Hispanic-owned business with menus consisting of authentic holiday recipes. El Rey De las Arepas on McGraw has savory arepas, and Pupuseria Y Restaurante Salvadoreño on Livernois has fresh pupusas and traditional Salvadorean food. La Fiesta on Vernor has sugar cane and all of your baking needs – whether you whip up a tres

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# Detroit's America's Thanksgiving Parade Voted America's 2nd Most Cherished Thanksgiving Tradition of 2023

*Photos by www.theparade.org*

## Poll of families reveals which Thanksgiving traditions of 2023 they would most like to experience.

Thanksgiving in the U.S. is a holiday rich with events, with each region bringing its own flavor to the festivities, creating a patchwork of traditions that are as diverse as the nation itself. In New York City, the Macy's Thanksgiving Day Parade dazzles spectators with its colossal balloons and extravagant floats, capturing the hearts of both the young and old. In Rhode Island, the Newport Harbor Illuminated Boat Parade shines as a gleaming spectacle on water, where boats adorned with twinkling lights and decorations reflect the festive spirit. And down in Birmingham (AL), they celebrate by attending the Thanksgiving Day Classic football game, where families and friends gather for a rousing display of sportsmanship and community pride under the bright stadium lights.

But which are the most popular? Mixbook, a #1 rated photo book brand, ran a survey of 3,000 Americans to establish which iconic Thanksgiving celebration they would most like to experience in 2023. Whether it's the charm of a hometown parade, the adrenaline rush of a friendly race, or the thrill of a fiercely contested football match, these Thanksgiving events were ranked from 1-80.

Detroit's America's Thanksgiving Parade came in Number 2!

Detroit's America's Thanksgiving Parade finished second out of the 80 top finishers. Originating in 1924, it is one of the country’s longest-running and most celebrated parades. What makes this Detroit tradition truly unique is its rich variation of vibrant floats, larger-than-life balloons, and sensational marching bands, all showcasing the distinct culture and spirit of the Motor City. Visitors are particularly drawn to the parade's signature papier-mâché heads, known as the Big Heads, which have become emblematic of the event. Furthermore, the parade fosters a sense of community, drawing families from all over Michigan to line up along Woodward Avenue, celebrating gratitude and togetherness amidst the backdrop of Detroit's historic architecture.

**Rounding out the top five most beloved events were:**

***1. 6abc Dunkin' Parade, Philadelphia, Pennsylvania.***

The 6abc Dunkin' Parade in Philadelphia was voted as the Thanksgiving event people would most like to experience in 2023. It is one of the nation's oldest parades, and has been an integral part of Philadelphia's Thanksgiving celebrations since 1920.

***2. Detroit's America's Thanksgiving Parade, Michigan.***

Detroit's America's Thanksgiving Parade in Michigan stands out as one of the most cherished Thanksgiving experiences in the U.S. Originating in 1924, it is one of the country’s longest-running and most celebrated parades. What makes this Detroit tradition truly unique is its rich variation of vibrant floats, larger-than-life balloons, and sensational marching bands, all showcasing the distinct culture and spirit of the Motor City. Visitors are particularly drawn to the parade's signature papier-mâché heads, known as the Big Heads, which have become emblematic of the event. Furthermore, the parade fosters a sense of community, drawing families from all over Michigan to line up along Woodward Avenue, celebrating gratitude and togetherness amidst the backdrop of Detroit's historic architecture.

***3. Ameren’s Thanks-for-Giving Parade, Missouri.***

The Ameren's Thanks-for-Giving Parade in Missouri emerged as the 3rd most sought after Thanksgiving tradition to experience. Held in St. Louis, the parade not only serves as a visual treat but also acts as a platform for local charities and organizations to gain visibility. It intertwines entertainment with social responsibility, making it a meaningful celebration.

***4. Montgomery County Thanksgiving Parade, Maryland.***

In fourth place, came the Montgomery County Thanksgiving Parade, held in Silver Spring. It offers a distinctive blend of both large-scale attractions and local charm.

***5. Black Friday shopping at the Mall of America in Bloomington, Minnesota.***

And perhaps surprisingly, rounding up the top five, came the Black Friday shopping at the Mall of America in Bloomington, Minnesota. It is a quintessential American Thanksgiving experience that, according to the survey, many Americans aspire to partake in. The immense crowds, dazzling sales, and the electric energy of anticipation for the holiday season make Black Friday at this iconic mall a memory that many wish to create.

Michigan had another Thanksgiving tradition among the most popular in the country:

***52. Detroit Lions Thanksgiving Game.***

Hosted at the iconic Ford Field in downtown Detroit, this NFL game is a centerpiece of Thanksgiving Day celebrations for many Michiganders and football fans across the nation. The Lions, one of the NFL's oldest franchises, have been playing on Thanksgiving Day since 1934, making this game one of the league's longest-standing traditions. For many Michiganders, tuning into the game or attending it in person is as integral to Thanksgiving as turkey and pumpkin pie. The halftime show often features musical performances and special presentations, adding an extra layer of entertainment to the event. The game serves as a way for families and friends to come together, bond over a shared passion for football, and create lasting memories.

# Local nonprofits to help more Michiganders make ends meet through MI Nonprofit Relief Fund

## $30 Million awarded to 1,373 nonprofits facing hardships from COVID-19 pandemic

LANSING, Mich. – The Michigan Nonprofit Association (MNA) recently announced the list of 1,373 nonprofit award winners of the MI Nonprofit Relief Fund, a vital lifeline for Michigan's charitable organizations grappling with the adverse impacts of the COVID-19 pandemic. The fund, announced in February of 2023 and totaling $35 million, is dedicated to assisting small charitable nonprofit organizations that have been tirelessly serving their communities in these challenging times.

"These relief funds are a lifeline for those most in need across the state who look to nonprofit organizations in their community when they have no one else to turn to," said Kelley Kuhn, president and CEO of the MNA. "We are grateful for our partnership with the Michigan Department of Labor and Economic Opportunity who have helped to make these funds a possibility for Michigan nonprofits."

The MI Nonprofit Relief Fund was established through the collaborative efforts of MNA and the Michigan Department of Labor and Economic Opportunity (LEO), as part of the American Rescue Plan Act (ARPA) relief funds awarded to the State of Michigan. The fund was designed to support Michigan-based, 501(c)(3) nonprofits with annual revenues of less than $1 million, demonstrating necessary expenditures and losses incurred after March 3, 2021, due to the pandemic.

"Michigan's nonprofits make a real difference in people's lives," said Governor Whitmer. "The Michigan Nonprofit Relief Fund will support nearly 1,400 nonprofits across the state so they can continue to provide their critical services. Let's keep working together to remove barriers to economic opportunity in disproportionately impacted communities and ensure everyone can 'make it' in Michigan."

Michigan-based nonprofits applied to the MI Nonprofit Relief Fund in the spring of 2023. 2,065 applications were reviewed by a panel of Michigan nonprofit leaders in the summer and a total of 1,373 awardees were selected so far, with additional nonprofits possibly being awarded yet this year. The full list of grantees can be found at https://www.mnaonline.org/policy/nonprofit-relief-fund/grant-awardees

The MI Nonprofit Relief Fund is awarding one-time grant funds ranging from $5,000 to $25,000 to nonprofits in areas most affected by COVID-19, especially those underserved and underrepresented populations. Nonprofits in rural areas and those led by, and serving, Black, Indigenous, and People of Color (BIPOC) communities have been disproportionately affected by the ongoing pandemic. As a result, many of the applicants reflected the diversity of impacted communities:

- 12% of the organizations that applied are led by a person with accessibility needs.
- 12% of the organizations that applied are led by a person at or below ALICE thresholds,
- 30% of the organizations that applied are BIPOC-led,
- Including, 23% of the organizations that applied are led by BIPOC women.
- 31% of the organizations that applied have majority BIPOC staff.

"The MI Nonprofit Relief Fund is vital for helping to remove barriers to economic prosperity and providing residents with the resources they need following the pandemic," said Kim Trent, LEO deputy director for prosperity. "We're proud to support eligible nonprofits who have been resilient and innovative these last few years so that we can continue to lift Michiganders out of poverty and empower communities across the state."

In addition to the MI Nonprofit Relief Fund, an additional $15 million MI Impact Grant program is being administered by LEO to support larger nonprofits that work toward lifting people out of poverty and above the ALICE (Asset Limited Income Constrained, Employed) threshold. This project is being supported, in whole or in part, by federal award number SLFRF4948 awarded to the Michigan Department of Labor and Economic Development by the U.S. Department of the Treasury.

For more information about the MI Nonprofit Relief Fund, including details about all grantees, visit www.mnaonline.org/policy/nonprofit-relief-fund.

SOURCE Michigan Nonprofit Association

# Latinos adding own flavor to American tradition

*Con't from pg. 1*

leches cake, flan, or a pumpkin pie.

If you hope to have authentic Mexican or Central American food without the hassle of cooking, a simple social media search will point you to pop-up shops and delivery services, from sweet treats to delicious eats. Ari's Eats N Treats on Facebook, run by Ariana Rendon, is one such business that will have you ready for the holidays and further proves that a bit of foodie magic can go a long way.

When Latinos gather, the table brims with food from our ancestral grounds. Tradition can be remixed. Old favorites can become new again. After all, when life hands you a turkey, you make turkey tamales.

***Estefania Arellano-Bermudez is a lifelong Detroiter. She has published in the Telegram News and believes words evoke magic.***

***This story was made possible by the Race and Justice Reporting Initiative. The goal of the initiative is to build trust between the news media and Black, Indigenous, and People of Color communities and strengthen representative democracy.***

# Latinos agregando sabor propio a la tradición americana

*Con't de pg. 1*

demuestra además que un poco de magia gastronómica puede ser de gran ayuda.

Cuando los latinos se reúnen, la mesa rebosa de comida de nuestra tierra. La tradición se puede remezclar. Los viejos favoritos pueden volver a ser nuevos. Después de todo, cuando la vida te entrega un pavo, haces tamales de pavo.

***Estefania Arellano-Bermúdez Detroitina de toda la vida. Ha publicado en Telegram News y está segura que las palabras evocan magia.***

***Este articulo fue posible gracias a Race and Justice Reporting Initiative. El objetivo de la iniciativa es generar confianza entre los medios de comunicación y las comunidades negras, indígenas y de color y fortalecer la democracia representativa.***

***Traducción Carmen Elena Luna***

*Photos by Lou Peeples/ Pointe Photography*

# Special World's Cultures
## Honduras

Throw back...

## Crab Soup Recipe

**Ingredients**
- 2 dried coconuts
- 1 dozen crabs
- 2 green bananas
- Cassava to taste
- Salt
- Pepper with cumin
- 1 tablespoon of yellow annatto or Achiote
- 1 sweet chili or red bell pepper
- 2 tomatoes
- 1/2 onion
- 2 cloves of garlic
- Parsley to taste

**Preparation**

The coconuts are peeled, then grated and the milk is extracted. The crabs are cleaned.

In a deep pot, add a tablespoon of butter and sauté sweet chili, tomatoes, onion, garlic, and parsley, all finely chopped.

Then add the sliced green bananas and the cassava, cut into medium bite-sized pieces, and add the cleaned crabs.

Stir everything together and add the milk from the 2 coconuts and extra boiled water if the liquid is not enough.

Cook over low heat for 20 minutes and season with salt, pepper and annatto to taste.

Test the flavor and if after 20 minutes all the ingredients are well cooked, serve it in deep plates to enjoy this delicious banquet.

## Lenca Leyend of Tangaloa

Our story says that a long time ago, in ancient times, a child endowed with great powers was born in Tangoloa.

The boy was very wise and performed miracles, but unfortunately, the boy was born with defects in his body, it was said that the little boy was born with several legs, so his parents kept him in their house and without permission to go outside and Play with other children in the community.

Once, the boy became deathly ill and moments before he died, the moon asked him if he had a last wish. The boy told the moon that he had always wanted to see the sea and that if she allowed him, he wanted to enter the sea before he died. The moon granted his wish and turned him into an octopus. From then on, Tangaloa lived in the sea and his abode was Jawairoa.

This guardian of the sea works in conjunction with Ti Tanawass, the deity of the waters of the sea and the salt forests that are called Niangas in the Taulepa language. Ti Tanawass is in charge of keeping the waves at their limit and keeping marine animals under protection. Together Ti Tanawass and Tangaloa assist sailors on the high seas. For this reason the Lencas do not consume octopuses in their diet...

We have found this legend in Actitud Lenca Pipil and more. And it coincides in some aspects with Tangaroa) a sea god in the mythology of the Polynesian islands of different characteristics and actions depending on his place on the island of origin.

## The Mayan Ruins of Copan

The Copan Ruins are one of the most important Archaeological sites of the ancient Mayan Civilization in Honduras. It is located in the Copan Valley, 12 kilometers or 7.5 miles east of the border with Guatemala. Copan was an influential Mayan city, a ceremonial center and one of the main scientific research centers of the Classic period, a kind of astronomical observatory.

The Copan Ruins Archaeological Park is made up of architectural groups. The entire site contains around 4,500 structures, which are spread over 24 square kilometers. It is said that Copan was the center of the Mayan Civilization and that is why it was the largest site built for nobility. For scientists, the Copan Ruins are very important because they were one of the most influential Mayan enclaves in Honduras, and one of the greatest sources of information about that ancient culture. The Mayans settled in greater numbers of Copan Ruins, in Honduras, where they developed and reached their maximum splendor between the 6th and 7th centuries A.C. However, throughout the entire Copan Valley there are vestiges of this important civilization.

The Ruins of Copan are considered by researchers to be the “Athens of the Mayans” and were declared a World Heritage Site by UNESCO in 1980. In 1982 it was declared a National Monument by the Government of Honduras.

Espera cada semana nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

# ESPECIAL CULTURAS DEL MUNDO

## Honduras

Throw back...

## Ruinas de Copán

Las Ruinas de Copan son uno de los sitios Arqueológicos más importantes de la antigua Civilización Maya en Honduras. Está ubicado en el Valle de Copán, a 12 kilómetros al Este de la frontera con Guatemala. Copán, fue una influyente ciudad Maya, un centro ceremonial y uno de los principales centros de

investigación científica del período Clásico, una especie de observatorio astronómico.

El Parque Arqueológico Ruinas de Copan esta compuesto por grupos arquitectónicos. El sitio completo contiene alrededor de 4,500 estructuras, las cuales están esparcidas en 24 kilómetros cuadrados. Se dice que Copan, era el centro de la Civilización Maya y por eso era sitio más grande construido para nobleza. Para los científicos, las Ruinas de Copan son muy importantes porque fueron uno de los enclaves Mayas más influyentes en Honduras, y una de las mayores fuentes de información de esa antigua cultura. Los Mayas se establecieron en mayor cantidad en Copan Ruinas, Honduras donde se desarrollaron y alcanzaron su máximo esplendor entre los siglos VI y VII de nuestra era. Sin embargo a lo largo

de todo el Valle de Copán existen vestigios de esta importante civilización.

Las Ruinas de Copan, son consideradas por los investigadores como la "Atenas de Los Mayas" y fue declarada Patrimonio de la Humanidad por la Unesco en 1980. En 1982 fue declarado Monumento Nacional, por el Gobierno de Honduras.

## Receta Sopa de Jaiba

**Ingredientes**
- 2 cocos secos
- 1 docena de jaibas
- 2 plátanos verdes
- Yuca al gusto
- Sal
- Pimienta con cominos
- 1cucharada de achiote amarillo
- 1 chile morrón rojo
- 2 tomates
- 1/2 cebolla
- 2 dientes de ajo
- Perejil al gusto

**Preparación**

Se pelan los cocos, luego se rallan y le saca la leche. Se limpian las jaibas.

En una olla honda se agrega una cucharada de manteca y se saltea chile dulce, tomates, cebolla, ajo, y perejil, todo bien picado.

Luego se le agregan los plátanos verdes en rebanadas y la yuca bien cortadas en tamaño medio como para bocados, se agregan las jaibas ya limpias.

Se revuelve todo junto y se le agrega la leche de los 2 cocos y agua hervida extra si el líquido no es suficiente.

Se cocina a fuego lento por 20 minutos y se condimenta con sal, pimienta y achiote al gusto.

Se prueba el sabor y si después de los 20 minutos están bien cocidos todos los ingredientes, se sirve en platos hondos para disfrutar de este delicioso banquete.

## Leyenda Lenca del Tangaloa

Dice nuestra historia que hace mucho tiempo, en la antigüedad, nació en Tangoloa un niño dotado de grandes poderes.

El niño era muy sabio y hacia milagros, pero desafortunadamente, el niño había nacido con defectos en su cuerpo, se decía que el pequeño había nacido con varias piernas, por lo que sus padres lo mantuvieron en su casa y sin permiso de salir afuera y jugar con otros niños de la comunidad.

Una vez, el niño se enfermó de muerte y momentos antes de morir, la luna le preguntó que si tenía un último deseo. El niño le dijo a la luna que siempre había deseado ver el mar y que si ella se lo permitía, él quería entrar al mar antes de morir. La luna le concedió el deseo y le convirtió en un pulpo. Desde entonces, Tangaloa vivió en el mar y su morada fue Jawairoa.

Este guardián del mar trabaja en conjunto con Ti Tanawass, la deidad de las aguas del mar y los bosques salados que en lengua taulepa se llaman Niangas. Ti Tanawass se ocupa de mantener las olas en su límite y mantener los animales marinos bajo protección. Juntos Ti Tanawass y Tangaloa asisten a los navegantes en alta mar. Por esta razón los Lencas no consumen pulpos en su dieta...

Esta leyenda la hemos encontrado en Actitud Lenca Pipil y más. Y coincide en algunos aspectos con Tangaroa) un dios marino en la mitología de las islas polinésicas de diferente características y acciones dependiendo de su lugar en la isla de origen.

Tell them you saw it in Diles que lo viste en
EL CENTRAL

# Governor Whitmer Signs Historic Protections for Domestic Violence Survivors

On Monday, November 20, Governor Whitmer signed three bills into law that will protect domestic violence survivors from armed abusers: HB 4945 (Rep. Amos O'Neal, D-Saginaw), SB 528 (Sen. Stephanie Chang, D-Detroit) and SB 528 (Sen. Sue Shink, D-Northfield Twp.). Advocates had called for the bills since the spring and hailed the historic victory.

The signing ceremony took place at the YWCA of Kalamazoo, which provides services to domestic violence survivors. Governor Whitmer was joined by Rick and Martha Omillian, whose daughter Maddie was killed by her ex-boyfriend at Kalamazoo College in 1999. The Omillians have spent the decades since advocating for legislation to protect domestic violence survivors, including the law signed today. Other survivor advocates were also invited to the event.

"These new laws will save lives," said Kazia Kelly, a domestic violence survivor and advocate for the legislation, "Just as importantly, they will give domestic violence survivors hope. This is a statement that society cares about our safety, and more women and children will have the opportunity to leave abuse."

The new laws will bring Michigan into line with 33 other states and the federal government by preventing all those convicted of domestic violence charges from purchasing or possessing firearms. Under the new statute, the prohibition will remain in place for eight years after the completion of the offender's sentence.

"Domestic violence is a serious problem in our state. We know from the data and from hearing directly from survivors that domestic violence and firearms are a deadly mix. Women in domestic violence situations are five times more likely to be killed by their abuser if their abuser has access to a firearm. After many years of work on this legislation to protect domestic violence survivors from firearm death or injury, I am happy that this day is finally here," said state Senator Stephanie Chang (D-Detroit), sponsor of Senate Bill 471. "I'm grateful to Governor Whitmer for signing these bills and proud of the work that Rep. O'Neal, Sen. Shink and I have done to lift up the voices of domestic violence survivors and champion this commonsense policy solution with bipartisan support."

The need for these laws is urgent: 70 Michigan women and children are killed by an armed abuser each year. Domestic violence is five times more likely to turn deadly when there is a firearm in the home. Two thirds of mass shootings are related to domestic violence. According to the Brady Campaign, domestic violence murder has increased by 22% in the past 5 years.

"Governor Whitmer and the leaders of the legislature deserve a lot of credit for working with domestic violence survivors and finally making change," said Ryan Bates, Executive Director of EGVMI, "Advocates have been trying to pass these laws for years, but the bills never got a vote. Now, with our new leaders in Lansing, someone is finally listening."

Passage of these bills was a priority for End Gun Violence Michigan and its partners, Everytown for Gun Safety, Moms Demand Action, and the Michigan Coalition to End Domestic and Sexual Violence. Together, they organized dozens of public events and more than 30 meetings with legislators to advocate for the bills. Many of these events were led by survivors of domestic violence themselves.

END GUN VIOLENCE MICHIGAN

Governor Whitmer speaks at the bill signing in the Kalamazoo YWCA. State Senator Stephanie Chang of Detroit is pictured to the right of the podium

## CORRECTION:

In our November 16, 2023 issue, an article about El Rey de las Arepas Restaurant described the matriarch of the Gutierrez family as deceased. We are very pleased to learn that Mrs. Zoraida Gutierrez is alive and well! We regret the error and apologize to Mrs. Gutierrez and the Gutierrez family.

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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In collaboration with Mexicantown Community and Cinema Lamont, Hispanic studies and International studies are exicted to announce the showing of the following films:

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Fernando León de Aranoa, 2021
When: September 25, 2023
UM Dearborn, CASL Building Room 1030
4901 Evergreen Rd, Dearborn, MI

El espinazo del diablo (The Devil´s Backbone)
Guillermo del Toro, 2001
When: October 16, 2023
MexicantownCDC
Plaza Del Norte
2835 Bagley St. Suite 500, Detroit, MI 48216

**Time: 5:30pm-8:30pm**
**(All showings will begin at 6pm).**

As bestas (The Beasts)
Rodrigo Sorogoyen, 2022
When: November 6, 2023
UM Dearborn, CASL Building, Room 1030
4901 Evergreen Rd, Dearborn, MI 48218

También la lluvia (Even the Rain)
Icíar Bollaín, 2010
When: December 4
MexicantownCDC
Plaza Del Norte Building
2835 Bagley St. Suite 500, Detroit, MI 48216

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For more information, please contact Jorge Gonzalez del Pozo at jorgegdp@umich.edu.

# FOOD AND DRINK

## Turkey Pozole

**Ingredients**
- 3 tablespoons olive oil
- 2 medium yellow onions, cubed
- 2 medium fresh poblano chile peppers, seeded and cut into 1/2 inch strips
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 tablespoons ground cumin
- 2 tablespoons dried oregano
- 2 quarts turkey broth
- 4 cups cubed cooked turkey
- 2 (15 ounce) cans cannellini beans, drained and rinsed
- 2 (15 ounce) cans white hominy, drained
- 1 (4 ounce) can chopped green chile peppers
- 1 cup water, or as needed (Optional)
- salt and pepper to taste

**Ready In:**
1 hour and 25 minutes

**Step 1**
**Heat oil in a large Dutch oven over medium heat. Add onions and poblano chiles; cook and stir until soft, about 5 minutes. Add garlic; cook and stir until fragrant, 1 to 2 minutes. Stir in chile powder, cumin, and oregano.**

**Step 2 -**
**Add turkey broth, turkey, cannellini beans, hominy, chile peppers, salt, and pepper. Add water just to cover, stir to combine, and bring to a boil. Reduce the heat to low, cover, and simmer, stirring occasionally, until flavors have blended, about 1 hour.**

## Tex-Mex Turkey Soup

**Ingredients**
- 1 tablespoon olive oil
- ½ cup minced onion
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- 4 cups water
- 1 (10.75 ounce) can condensed tomato soup
- 1 (28 ounce) can diced tomatoes
- 1 cup salsa
- 4 cups shredded cooked turkey
- 1 tablespoon dried parsley
- 3 chicken bouillon cubes
- 1 (14 ounce) can black beans, rinsed, drained
- 2 cups frozen corn
- ½ cup sour cream
- ¼ cup chopped fresh cilantro

**Toppings:**
- 6 cups corn tortilla chips
- ¾ cup chopped green onion
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- ½ cup chopped fresh cilantro
- ½ cup sour cream

**Directions**

**Ready In:**
50 minutes

**Step 1**
**Heat olive oil in a large saucepan over medium heat. Add minced onions and cook until onions begin to soften, about 4 minutes. Add garlic, chili powder, cumin and oregano and cook, stirring, for 1 minute.**

**Step 2 -**
**Stir in water, tomato soup, diced tomatoes, salsa, shredded turkey, parsley and bouillon cubes. Bring to a boil, then reduce heat, and simmer 5 minutes or until bouillon cubes dissolve. Add black beans, corn, sour cream and cilantro. Simmer for 20 to 30 minutes.**

**Step 3 -**
**Serve soup with crushed tortilla chips, chopped green onion, shredded cheese and additional cilantro and sour cream.**

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*Great Lakes Moment:*

# Detroit's New Ralph Wilson Park Will Provide

By John Hartig

For over 100 years the Detroit River was perceived as a working waterway that supported industry and commerce. As such, its shoreline was progressively hardened with concrete seawalls, steel sheet piling, or re-purposed broken concrete. This stabilized the shoreline, helped protect against erosion, and allowed for safe industrial and commercial development.

But it came at a steep price. Shoreline hardening is use of concrete seawalls and steel sheet piling to stabilize the shoreline, but provides no habitat for the fish, wildlife, plants, and invertebrate species who call the river home.

Fast forward to today: the Detroit Riverfront Conservancy is now a leader in softening the shoreline by using ecological principles and practices to achieve stabilization and safety while enhancing habitat and improving aesthetics.

Curious to know more, I spent a recent late summer morning navigating a boat down the river to see the shoreline firsthand. The starting point for this riverine tour was Bayview Yacht Club on Conner's Creek which flows into the upper Detroit River. The first thing I noticed was the steel-hardened shoreline of Conner's Creek. But soon I arrived at the confluence with the Detroit River and was greeted with the stark contrast of the natural beauty of Lake St. Clair, Windsor's uninhabited Peche Isle, and Detroit's 980-acre island park called Belle Isle that is visited by more than five million Detroiters and others each year.

It was a beautiful summer morning, and the weather was ideal – fair and calm. The water's surface was like a mirror reflecting distant images of the islands and waters, reminiscent of Vincent Van Gogh or Claude Monet's water-themed paintings.

Upon entering the Detroit River, I headed west and downstream toward downtown Detroit. Because it was early morning it was relatively quiet, with only the "kree, kree" sounds of a few ringed-billed gulls, the clanging of some sailboat cables, and the low-pitched hum of the boat motor.

It was so incredibly peaceful and truly captured the beauty of the Detroit River. But as I continued my journey downstream, it was obvious that I was in a major urban area with a long history of waterfront commerce and industry. Mile after mile I passed hardened shorelines made of concrete seawalls, steel sheet piling, or repurposed broken concrete with rebar protruding in many directions.

*Ralph C. Wilson, Jr. Centennial Park - Title: Ralph C. Wilson, Jr. Centennial Park, Southwest Detroit (credit: Michael Van Valkenburgh Associates).*

I could not help but think about the shoreline from a fish and wildlife perspective. Where do they feed and rest? What happened to the wetlands and spawning and nursery grounds of fishes? Where along these hardened shorelines can invertebrates live? What have humans done to the place they call home?

About 25 years ago, natural resource managers and scientists started recognizing the critical importance of getting habitat champions involved up-front in waterfront redevelopment projects to incorporate principles of soft shorelines – using rocks and plants to stabilize the shoreline, reduce erosion, enhance habitat, and improve aesthetics, into future designs. Experience showed that if habitat champions were not at the table when key waterfront decisions were made, the standard practice would be to harden shorelines with seawalls or steel sheet piling. Historically, re-purposed broken concrete with protruding rebar was also a standard shoreline practice that was not ideal for habitat nor aesthetically pleasing. Today, natural limestone rock of varying sizes, called rip rap, with interspersed plants is a type of soft shoreline that is better for habitat and much more aesthetically pleasing.

For the last 20 years, the Detroit Riverfront Conservancy has championed soft shorelines in creating the city's new waterfront porch called the Detroit RiverWalk. Thus far, eight soft shoreline projects have been incorporated into the RiverWalk, including the newest section under construction called the Ralph C. Wilson, Jr. Centennial Park – which promises to be the best yet from a habitat perspective.

As I approached Wilson Park, I slowed the speed of my boat to get a better look at the work underway. This new park has been described as transformational for Southwest Detroit and beyond. When it opens in 2025, it will surely be a place where memories are made. It will feature two regulation-size basketball courts in an outdoor sport house, a playground with multiple animal structures, an expansive lawn for outdoor events, and a water garden.

Wilson Park is located next to a contaminated sediment hotspot in the river. That means the project began with the placement of an "environmental cap" of clean sand over the contaminated sediments so that toxic substances would not contribute to cancerous tumors in fish or be toxic to other aquatic life. This cap can best be described as a long narrow band that extends along 2,100 feet of shoreline and covers approximately three acres of bottom sediments.

*Detroit River shoreline at Wayne County's Elizabeth Park in Trenton before restoration (concrete breakwater in the 1990s) and after (softened shoreline with habitat in 2002) (credit: U.S. Fish and Wildlife Service).*

# Habitats for a Healthy Ecosystem

Next, a stone revetment was placed on top of the cap and along the shoreline to absorb and dissipate the energy of waves. This protects the shoreline and park from erosion and safeguards the cap.

Wilson Park has been designed to provide habitats for a healthy ecosystem. Its centerpiece is the nearly two-and-a-half-acre water garden, which to my eye looks like a lobe-shaped amoeba with lots of bends to enhance habitats and increase its aesthetic appeal.

"The purpose of the water garden is to create habitat, provide an opportunity for park visitors to interact with nature, promote conservation, and foster environmental education," said Nate Trevethan, lead architect on the project from the world-renowned architectural firm of Michael Van Valkenburgh Associates.

Water from the Detroit River will be pumped into the water garden through a pipe, and a low dam-like structure across the outlet to the river, called a weir, will maintain the desired water area and depth. This water garden is a form of wetlands often called "nurseries of life" because they support thousands of species. The Detroit River has lost 97% of its coastal wetlands to commercial and industrial development so Wilson Park will represent a net gain in these rare habitats.

Along the Wilson Park shoreline will be a variety of habitats, including more than 20 triangular wooden habitat structures that will create cover and resting areas for fish. In addition, 12 hollow, semicircular concrete structures called reef balls will enhance habitat for fish and invertebrates. The strategic placement of stone will also create three eddies to change the water's speed and create backwater habitat and resting spaces for fish. Just offshore from the riverside habitat rehabilitation will be a 50 by 150-foot fish spawning reef for rock-loving spawners like walleye, smallmouth bass, and lake sturgeon.

*Wilson Park's Water Garden, Southwest Detroit (credit: Michael Van Valkenburgh Associates).*

Along the riverbanks and around the water garden will be plenty of native aquatic plants like sedges and arrowheads. In addition, substantial numbers of native trees, herbaceous perennials and shrubs, and wildflowers will be planted around the water garden and throughout the park.

This site was once a railyard, then a printing facility, and then an industrial brownfield – land that was abandoned or underused due to pollution from industry. "The project is a dramatic contrast with what was there before – an industrial brownfield with a failing seawall," said Trevethan. "We had to work within the site constraints like fast river currents and winter ice erosion, but our goal was to provide as much habitat as possible."

As I turned the boat around to head back upriver to Bayview Yacht Club, I was impressed with the habitat restoration going on in Wilson Park. I also felt a sense of hope – if such habitat restoration can be achieved at Wilson Park, it can be achieved elsewhere.

*Detroit RiverWalk's new Uniroyal section that includes a softened shoreline with habitat (credit: John Hartig).*

*Walleye caught by shore fishing along the Detroit River (credit: John Galea).*

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*John Hartig is a board member at the Detroit Riverfront Conservancy. He serves as a Visiting Scholar at the University of Windsor's Great Lakes Institute for Environmental Research and has written numerous books and publications on the environment and the Great Lakes. Hartig also helped create the Detroit River International Wildlife Refuge, where he worked for 14 years as the refuge manager.*

*This story was first published on Detroit Public Television's* Great Lakes Now*, a monthly news site that offers in-depth coverage of Great Lakes news, issues, events, and developments.*

*Sturgeon Day on the Detroit RiverWalk, 2015 (credit: U.S. Fish and Wildlife Service).*

# Lions - 31 Bears - 26 !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The Detroit Lions (8-2) returned to Ford Field to host the Chicago Bears (3-8). this past Sunday.

The Lions came back from a 26 - 14 deficit late in the 4th quarter, to beat the Bears, 31 - 26.

The Lions, host the Green Bay Packers (4-6), on Thanksgiving Thursday, November 23rd at 12:30 pm (FOX).

The Detroit Lions go on the road to take on the New Orleans Saints, on Sunday, December 3rd, at 1:00 pm (FOX), then travel to take on the Chicago Bears, on Sunday December 10th, at 1:00 pm (FOX), before coming back to Ford Field, to host the Denver Broncos (date and time are TBD).

Photos below are from the Lions vs. Bears game

Photos by Adam J. Dewey

*Before the game, actor and comedian Keegan-Michael Key (L) poses for a photo with NFL Commissioner Roger Goodell (R)*

*Lions DE #97 Aidan Hutchinson, forced a fumble against Bears QB #1 Justin Fields, which the Bears kicked out of bounds through the end zone, resulting in a safety for the Lions. Hutchinson was presented with the game ball after the game, by Lions head coach Dan Campbell*

*Bears QB #1 Justin Fields pushed out of bounds by Lions LB #34 Alex Anzalone. Fields was 16 for 23 for 169 yards with 1 TD, and had 18 carries for 104 yards. Anzalone had 11 tackles and 4 assists in the game*

*Lions RB #13 Craig Reynolds, gets hit hard during a kickoff return, where he fumbled and the Bears recovered. Reynolds had 1 return for 31 yards.*

*Lions NCB #32 Brian Branch breaks up a pass intended for Bears WR #2 DJ Moore. Moore had 7 receptions for 96 yards with 1 TD. Branch had 4 tackles and 2 assists in the game*

*Lions RB #26 Jahmyr Gibbs makes a play agaisnt Bears LB #53 T.J. Edwards. Gibbs had 8 carries for 36 yards with 1 TD, and 6 receptions for 59 yards. Edwards had 5 tackles, 4 assists and 1 interception*

*Lions WR #9 Jameson Williams makes a catch against the Bears. Williams had 2 receptions for 44 yards with 1 TD*

# Youth & Adult 3v3 Tournament

Join us on Saturday, November 25 for an all-day soccer tournament, featuring food, drinks and 3v3 soccer. Admission is FREE to spectators. Registration closes November 20.

The co-ed 3v3 tournament will be comprised of separate tournaments for the various age groups. Players are encouraged to bring one light shirt and one dark shirt.

Due to scheduling, registration for the tournament is online only. No walk-ups allowed.

For youth age groups, each team must have at least one responsible parent/guardian on site. *When adding players to youth team rosters, please add parents account and email address*

The adult tournament will begin in the afternoon.

# "The Game" This Saturday At The Big House

The #3 University of Michigan Wolverines (11-0, 8-0 Big Ten conference, previously #2) traveled to the Maryland Terrapins (6-5, 3-5 Big Ten conference), last Saturday.

This was the second game without head coach Jim Harbaugh at sidelines, who has been suspended for 3 games by the Big Ten Conference for the sign stealing allegations agaisnt the University of Michigan Wolverines.

The Wolverines defeated the Terrapins, 31 - 24.

The University of Michigan Wolverines return back to the Big House, for their final game of the season, this Saturday, November 25th, for "THE GAME" as they take on #2 Ohio State Buckeyes (11-0, 8-0 Big Ten conference, previously #3) at noon (FOX), the winner will move onto before the Big Ten Championship game, in Indianapolis, In, on Saturday, December 2nd at 8:00 pm (FOX).

The Michigan State Spartans (4-7, 2-6 Big Ten conference) defeated the Indiana Hoosiers (3-8, 1-7 Big Ten conference), 24 - 21, this past Saturday.

The Spartans play their final game of the season, this Friday, November 24th, hosting the Penn State Nittany Lions (9-2, 6-2 Big Ten conference) at Ford Field, at 7:30 pm (NBC)

*The University of Michigan Wolverines recorded their 1,000 th win (all time record for the University of Michigan) against the Maryland Terrapins, this past Saturday. The Wolverines have become the #1 winningest program in NCAA history. The top 3 programs in the NCAA (for most winningest schools) are #1 University of Michigan Wolverines (1,000 wins), #2 Ohio State Buckeyes (964 wins), and #3 Alabama Crimson Tide (963 wins). The Wolverines have a shot at recording their 1,001 win, this Saturday against the Ohio State Buckeyes. Photo provided by MLive*

# EDITORIAL OPINION

## Michigan's clean energy package is a solid first step, but more needs to be done to protect health

### Compromises that delay clean energy adoption and include carbon-based fuels will disproportionately impact vulnerable communities. We can do better.

*By Elizabeth (Lisa) Del Buono, MD*

Uncontrolled asthma. Lyme disease. Heart disease. Preterm deliveries. Mental illness and dementia.

These are the conditions health practitioners in Michigan are seeing daily in our offices, clinics, and hospitals – all illnesses and diseases intensified by a changing climate.

From more frequent extreme flood and heat events to the endless days of wildfire smoke this summer, our warming climate creates conditions that aggravate previously treatable heart and lung conditions in our most vulnerable patients.

The climate crisis is a health emergency. That is why dozens of health professionals who volunteer with Michigan Clinicians for Climate Action made phone calls and emailed their state legislators to support the Clean Energy Package that is now likely headed toward Gov. Gretchen Whitmer's desk.

We also sent a list of testimonials from health providers across the state describing how climate disasters impact their patients' health and a letter to the governor and legislators calling for a rapid and just transition to clean energy.

We applaud the swift passage of the package through the Michigan Legislature as a solid first step in the right direction. It will save lives by improving air quality for all Michigan residents, especially in disproportionately impacted communities.

And we are grateful to our State House and Senate climate champions who worked tirelessly and in good faith to negotiate this set of bills despite the efforts of deep-pocketed special interests. Michigan is now poised to lead the nation on clean energy.

Just the same, much more work needs to be done to ensure a just and equitable transition to clean energy.

The bills have undergone significant revisions as they passed through the political process.

For example, the target for achieving 100% clean energy was moved back five years. from 2035 to 2040, and the definition of "clean energy" broadened to include carbon-based fuels like animal manure from factory farms, waste incineration, and natural gas with carbon capture and sequestration.

While these tradeoffs may have been necessary to get this bill package over the finish line, the delayed schedule of target emissions reductions falls short of those dictated by science and recommended by the Intergovernmental Panel on Climate Change. And including carbon-based energy sources in our clean energy portfolio will slow progress toward reducing heat-trapping carbon emissions – and will cost us by creating additional health risks for nearby communities.

As health professionals who treat the cumulative impacts of fossil fuel pollution, we recognize how important it is that the concerns of disproportionately impacted communities like southwest Detroit be considered at least as seriously as those of special interest groups with more traditional influence in Lansing, like electric utilities and industry.

Those representing overburdened communities must have a seat at the table and be part of the negotiation process, and we must look critically and honestly at the legislative and societal barriers that obstruct their efforts to have their voices heard and valued.

We are excited to continue our work in solidarity with a broad range of environmental and justice organizations in Michigan and recognize that we have much to learn. Ultimately, we hope our efforts will support the passage of additional health and equity legislation to cultivate a climate in which the health of ALL Michigan residents can thrive.

***Elizabeth (Lisa) Del Buono, MD is President of Michigan Clinicians for Climate Action (www.michigancca.com), a coalition of Michigan health professionals educating and advocating for a healthy climate for all. This column was first published by our partners at Planet Detroit.***

**Opinions in this column are not necessarily those of the Publisher or Editor**

**Do you have a contrary opinion? Write us at info@elcentralmedia.com**

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Domingo: 10:00am, 12:00pm, 6:00pm

**First Latin American Baptist Church**
**313-461-3669**
2004 Scotten St.
Detroit, MI

**Most Holy Trinity**
**313-965-4450**
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

**St. Gabriel's**
**313-841-0753**
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

**St. Francis D'Assisi - St. Hedwigs Parish**
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## Inspiring Quote of the Week !!!

"I want to put a ding in the universe."

- Steve Jobs

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# Salud/*Health*

## 5 Things We Learned About Alzheimer's Disease in 2023

(StatePoint) 2023 was a landmark year for Alzheimer's disease research, including advancements in treatment, risk factors and diagnosis. Here are five significant discoveries made this year:

There are three new approved treatments for Alzheimer's, with a fourth on the way.

In July, the U.S. Food and Drug Administration (FDA) granted traditional approval for Leqembi for mild cognitive impairment due to Alzheimer's and mild Alzheimer's dementia. This treatment slows cognitive decline and can help people with early Alzheimer's maintain their independence.

In June 2021, the FDA granted accelerated approval to Aduhelm for the same purpose. At the Alzheimer's Association International Conference (AAIC) in July 2023, Lilly reported positive results for a third similar treatment: donanemab. The company expects FDA action in early 2024.

In May, the FDA approved the first treatment for agitation in people with Alzheimer's — brexpiprazole.

Hearing aids could slow cognitive decline for at-risk older adults.

In the largest clinical trial to investigate whether a hearing loss treatment can reduce risk of cognitive decline, researchers found that older adults with hearing loss cut their cognitive decline in half by using hearing aids for three years.

The intervention included hearing aids, a hearing "toolkit," and ongoing instruction and counseling. Though the positive results were in a subgroup of the total study population, they are encouraging and merit further investigation.

Blood tests for Alzheimer's are coming soon.

Blood tests show promise for improving how Alzheimer's is diagnosed. Advancements reported for the first time at AAIC 2023 demonstrate the simplicity and value to doctors of blood-based markers for Alzheimer's.

Blood tests are already being implemented in Alzheimer's drug trials. And they are incorporated into proposed new diagnostic criteria for the disease. Blood tests — once verified and approved by the FDA — would offer a noninvasive and cost-effective option for identifying the disease.

First-ever U.S. county-level Alzheimer's prevalence estimates.

The first-ever county-level estimates of the prevalence of Alzheimer's dementia — in all 3,142 U.S. counties — were reported at AAIC 2023. For counties with a population of more than 10,000 people age 65 and older, the highest Alzheimer's prevalence rates are in:

- Miami-Dade County, Fla. (16.6%)
- Baltimore City, Md. (16.6%)
- Bronx County, N.Y. (16.6%)
- Prince George's County, Md. (16.1%)
- Hinds County, Miss. (15.5%)

Certain characteristics of these counties may explain the higher prevalence, including older age and a higher percentage of Black and Hispanic residents, which are communities disproportionately impacted by Alzheimer's disease. According to the Alzheimer's Association, these statistics can help officials determine the burden on the health care system, and pinpoint areas for culturally-sensitive caregiver training.

Chronic constipation is associated with poor cognitive function.

Approximately 16% of the world's population struggles with constipation. This year, researchers reported that less frequent bowel movements were associated with significantly worse cognitive function.

People in the study with bowel movements every three days or more had worse memory and thinking equal to three years of cognitive aging. These results stress the importance of clinicians discussing gut health with their older patients.

To learn more about Alzheimer's and dementia research, plus available care and support — and to join the cause or make a donation — visit the Alzheimer's Association at www.alz.org.

While there is still much to learn about Alzheimer's, 2023 was a year of discovery, giving researchers and families impacted by the disease hope for the year ahead.

## Cinco cosas que aprendimos sobre la enfermedad de Alzheimer en 2023

(StatePoint) 2023 fue un año histórico para la investigación de la enfermedad de Alzheimer, incluidos avances en el tratamiento, los factores de riesgo y el diagnóstico. Aquí hay cinco descubrimientos importantes realizados este año:

Hay tres nuevos tratamientos aprobados para el Alzheimer y un cuarto está en camino.

En julio, la Administración de Alimentos y Medicamentos de EE. UU. (FDA) otorgó la aprobación tradicional a Leqembi para el deterioro cognitivo leve debido a la enfermedad de Alzheimer y la demencia leve de Alzheimer. Este tratamiento retarda el deterioro cognitivo y puede ayudar a las personas con Alzheimer temprano a mantener su independencia.

En junio de 2021, la FDA otorgó la aprobación acelerada a Aduhelm para el mismo propósito. En la Conferencia Internacional de la Asociación de Alzheimer (AAIC) en julio de 2023, Lilly informó resultados positivos de un tercer tratamiento similar: donanemab. La compañía espera que la FDA tome medidas a principios de 2024.

En mayo, la FDA aprobó el primer tratamiento para la agitación en personas con Alzheimer: el brexpiprazol.

Los audífonos podrían frenar el deterioro cognitivo en los adultos mayores en riesgo.

En el ensayo clínico más grande para investigar si un tratamiento para la pérdida auditiva puede reducir el riesgo de deterioro cognitivo, los investigadores encontraron que los adultos mayores con pérdida auditiva redujeron su deterioro cognitivo a la mitad usando audífonos durante tres años.

La intervención incluyó audífonos, un "juego de herramientas" auditivo e instrucción y asesoramiento continuos. Aunque los resultados positivos se produjeron en un subgrupo de la población total del estudio, son alentadores y merecen una mayor investigación.

Próximamente se realizarán análisis de sangre para detectar el Alzheimer.

Los análisis de sangre son prometedores para mejorar la forma en que se diagnostica el Alzheimer. Los avances informados por primera vez en AAIC 2023 demuestran la simplicidad y el valor para los médicos de los marcadores sanguíneos para el Alzheimer.

Ya se están implementando análisis de sangre en los ensayos de fármacos contra el Alzheimer. Y se incorporan a las propuestas de nuevos criterios diagnósticos de la enfermedad. Los análisis de sangre, una vez verificados y aprobados por la FDA, ofrecerían una opción no invasiva y rentable para identificar la enfermedad.

Primeras estimaciones de prevalencia de Alzheimer a nivel de condado de EE. UU.

Las primeras estimaciones a nivel de condado sobre la prevalencia de la demencia de Alzheimer (en los 3,142 condados de EE. UU.) se informaron en AAIC 2023. Para los condados con una población de más de 10,000 personas de 65 años o más, las tasas más altas de prevalencia de Alzheimer se encuentran en:

- Condado de Miami-Dade, Florida (16,6%)
- Ciudad de Baltimore, Maryland (16,6%)
- Condado del Bronx, Nueva York (16,6%)
- Condado de Prince George, Maryland (16,1%)
- Condado de Hinds, Mississippi (15,5%)

Ciertas características de estos condados pueden explicar la mayor prevalencia, incluida la edad avanzada y un mayor porcentaje de residentes negros e hispanos, que son comunidades afectadas desproporcionadamente por la enfermedad de Alzheimer. Según la Asociación de Alzheimer, estas estadísticas pueden ayudar a los funcionarios a determinar la carga que soporta el sistema de atención médica y señalar áreas para la capacitación de cuidadores culturalmente sensibles.

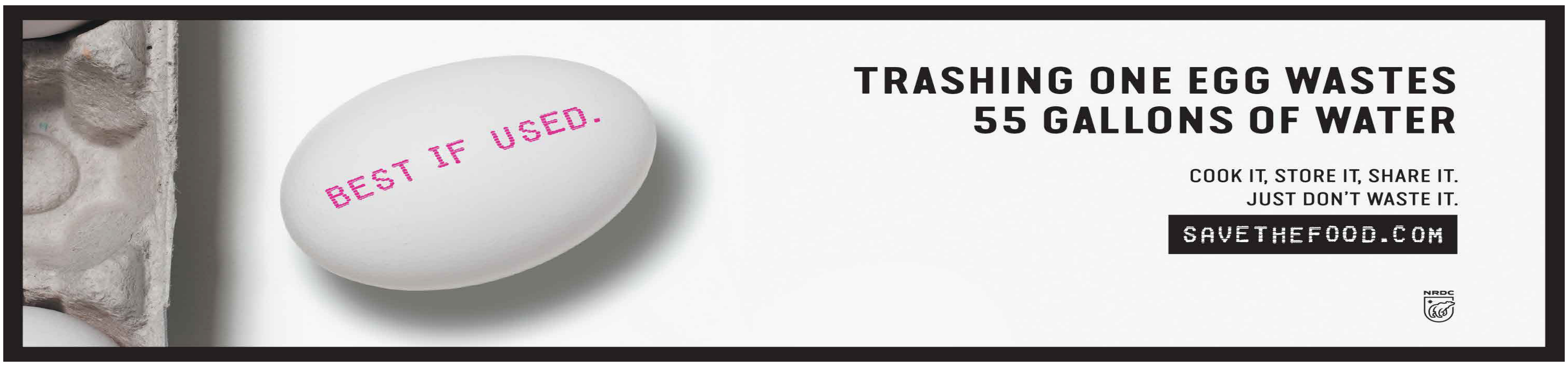
El estreñimiento crónico se asocia con una función cognitiva deficiente.

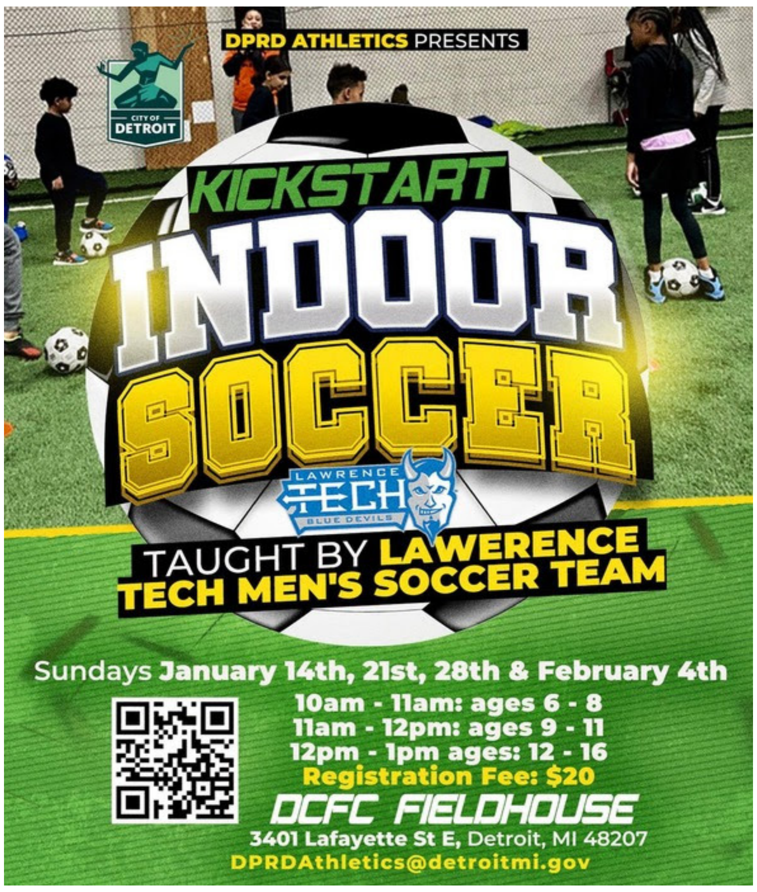
Aproximadamente el 16% de la población mundial sufre de estreñimiento. Este año, los investigadores informaron que las deposiciones menos frecuentes se asociaron con una función cognitiva significativamente peor.

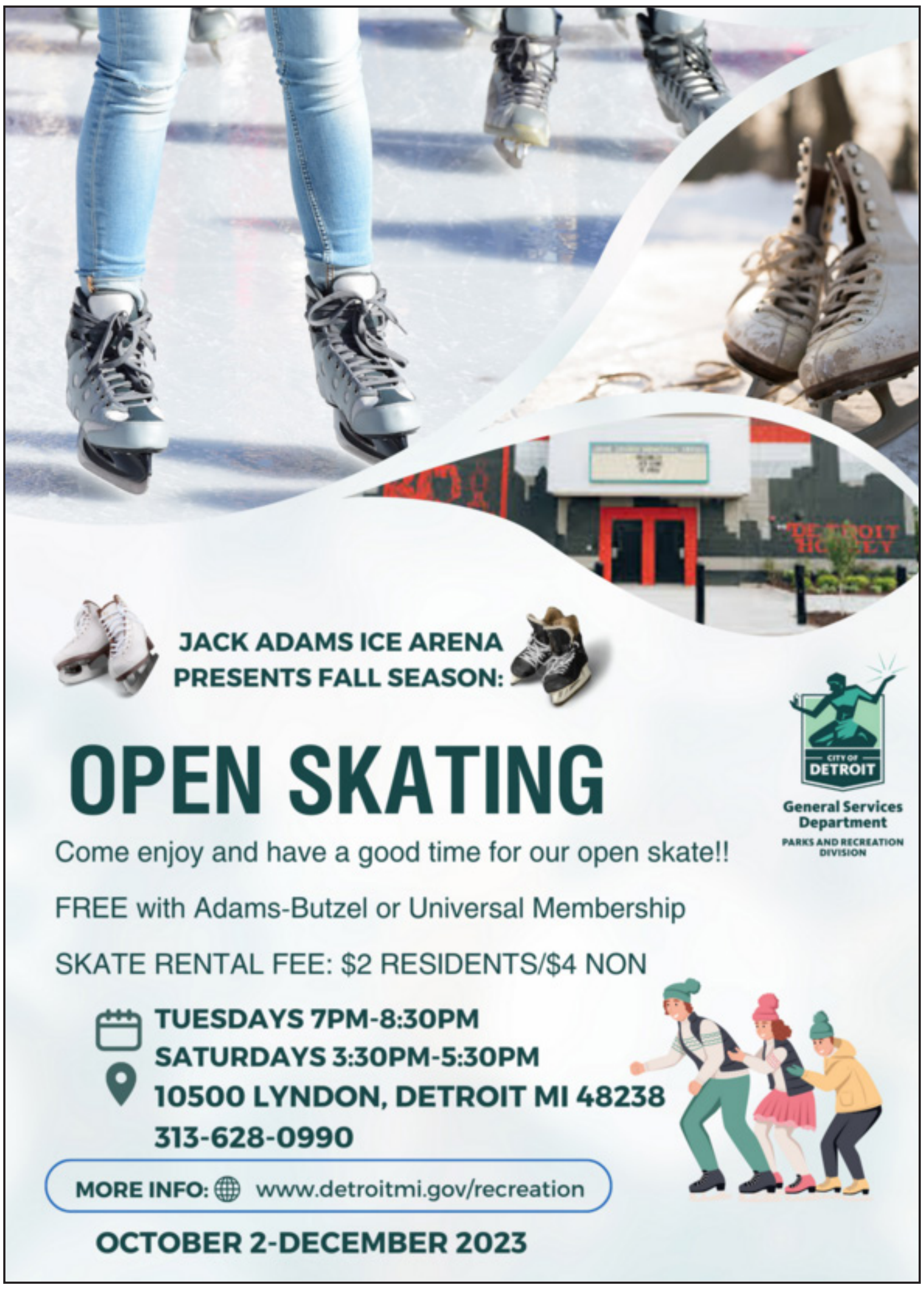
Las personas en el estudio que defecaban cada tres días o más tenían peor memoria y pensamiento equivalente a tres años de envejecimiento cognitivo. Estos resultados resaltan la importancia de que los médicos hablen sobre la salud intestinal con sus pacientes mayores.

Para obtener más información sobre la investigación sobre el Alzheimer y la demencia, además de la atención y el apoyo disponibles, y para unirse a la causa o hacer una donación, visite la Asociación de Alzheimer en www.alz.org.

Si bien todavía queda mucho que aprender sobre el Alzheimer, 2023 fue un año de descubrimientos, lo que brindó a los investigadores y a las familias afectadas por la enfermedad esperanza para el próximo año.





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